



Supporting Your 0-1 Year Old Child in

Simple Science

Parent Advice Booklet

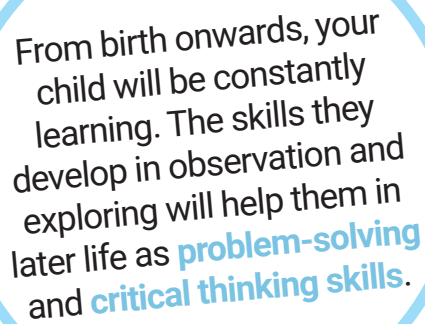
What Is This Guide?

In the Early Years Foundation Stage framework (known as EYFS), there are some expectations laid out for how children generally develop in exploring the world around them. This guide can help you understand what that development might look like for your child and how you can help them.

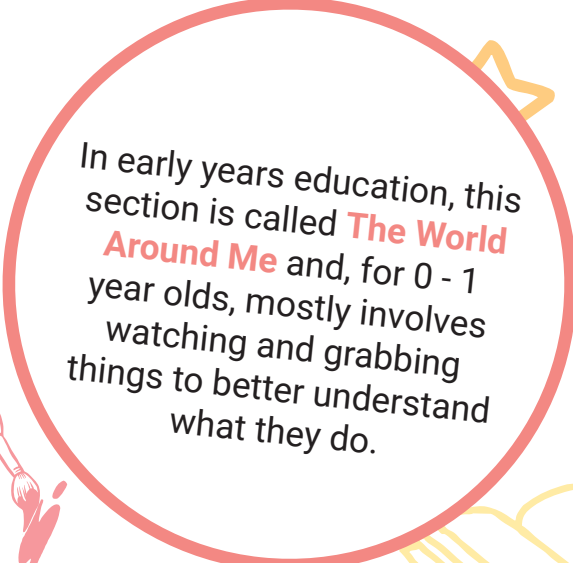
This guide breaks down the EYFS framework into simple sections and statements, providing you with explanations of what exploring science might look like for your child at this stage of their learning. Each area has ideas for fun and engaging activities that you can use to support your child, whether they are observing what's happening around them or are learning what different objects are used for.

Rather than a list of must-do activities, you can dip in and out of these prompts and ideas based on your child's current interests and appropriate stage of development.

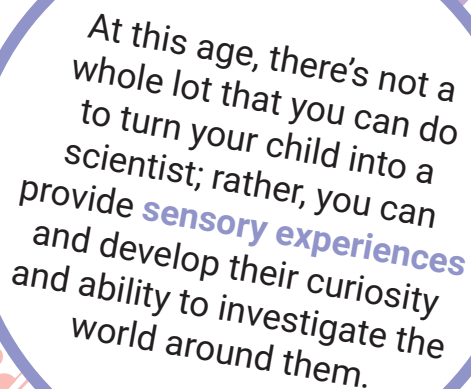
You can visit the **parent section** of the Twinkl site for even more resources to support your child in physical development, as well as all other areas of learning. Either search for keywords used in this guide or explore more in the Early Years section.



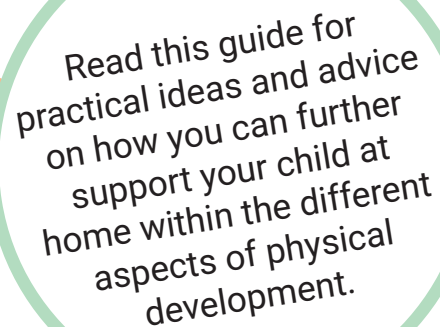
From birth onwards, your child will be constantly learning. The skills they develop in observation and exploring will help them in later life as **problem-solving** and **critical thinking skills**.



In early years education, this section is called **The World Around Me** and, for 0 - 1 year olds, mostly involves watching and grabbing things to better understand what they do.



At this age, there's not a whole lot that you can do to turn your child into a scientist; rather, you can provide **sensory experiences** and develop their curiosity and ability to investigate the world around them.



Read this guide for practical ideas and advice on how you can further support your child at home within the different aspects of physical development.

Children develop rapidly in their first five years, more so than any other period of their young lives. Although these guides have been divided by age band, we recognise that all children develop at different rates; this guide should not be used as a tick list of exactly what your child should be able to do at this age, but rather as an indicator of what they may be working towards.

Science Skills in Play

The most important learning experiences for young children don't come from conversation; they come from playing and experimenting with objects and people. In this section, we've included some important observation and investigation skills that your child may be developing every day and some ways that you can support them.

At 0 - 1 years old, your child may be working towards...

To support this, you could...

moving their head or eyes to follow moving objects.

wave and move objects to attract your baby's attention; watch for tiredness so as not to over-stimulate them.

looking around a room with interest and visually scanning for novel objects and events.

provide a range of everyday objects for babies to explore, such as treasure baskets.

repeating actions that have an effect, e.g. kicking or hitting a mobile or shaking a rattle.

set up some noisy play areas for items that can be shaken or banged and let your child have some open-ended fun!

noticing what animals, people and vehicles do.

take your child out and about regularly for a change of scene and for the chance to find out more about the wider world.

watching a toy being hidden and trying to find it.

use familiar objects and toys that your child will recognise so that they will follow you and know what to look for.

looking for dropped objects.

wait and allow your child time to respond when they drop things, rather than immediately picking them up.

knowing things are used in different ways, e.g. a ball is rolled or thrown and a toy car is pushed.

demonstrate actions for your child and sit with them during floor play time with a variety of toys and items.

Science Skills in Play

At 0 - 1 years old, your child may be working towards...

To support this, you could...

using their senses to explore the world around them, e.g. smelling and touching.

regularly set up messy play time with things like playdough, shaving foam or water.

showing particular interests, e.g. a particular toy, teddy, mobile or book.

take note of the toys and books your child enjoys the most and try to incorporate them into other day-to-day activities, e.g. walks or messy play.

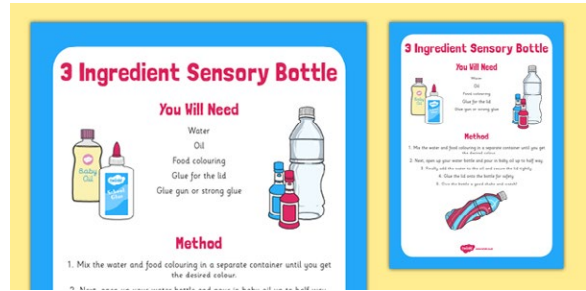
Simple Science Skills



How is your little one progressing with their simple science skills?



Sensory Playdough Recipes



Sensory Bottle



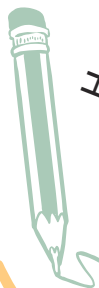
Chocolate Cloud Dough



What better way to learn is there than to make a mess? Using multiple senses during play can help your child to discover more about the things around them.



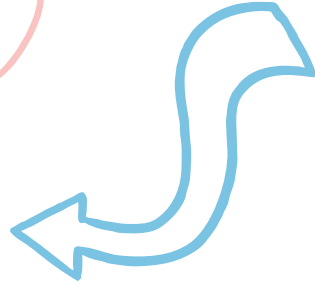
Why not use an empty tissue box to play a sensory hiding game? Post small, textured objects inside (such as balls, bean bags, feathers, fabric or small toys) and let your child reach inside to feel and pull. If they don't yet understand (or perhaps they aren't sitting up unaided yet), you can use these kinds of objects on the floor for a tummy time explore.



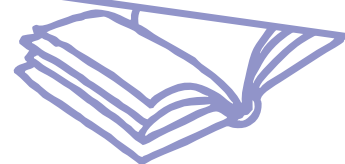
Have any moments stood out to you as a special memory?

Simple Science Skills

Journal nice moments
or record key
dates here:



Stick a photo of your child here:



Explore and Discover More



Twinkl Go! is a digital platform, hosting interactive content such as videos, games, audiobooks and more. Twinkl Go! enables digital content to be streamed to your computer or mobile device.



Twinkl Kids' TV is our wonderful YouTube channel dedicated to fun and informative video-style resources full of new and creative activities you can try at home!



Twinkl Originals are engaging stories written to inspire children from EYFS to KS2. Designed to encourage a love of reading and help curriculum-wide learning through accompanying resources.

